

**Volume 11, Issue 4**  
**Tevet 5774**  
**Dec. 4 - Jan. 1**  
**Monthly M&M:**  
**Shmirat HaGuf**  
**Caring for your body**

Find all our info at:  
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A Monthly  
Newsletter



Abraham and Miriam Gannes  
Religious School

By Iris  
Bendahan

## Tevet HAPPENINGS

### Youth Services

**Shabbat Mishpaha ( First Friday 6:30)**

Jan 31– Hagigat Noar and Dinner

**Tot Shabbat 11:15 -12:00**

Dec. 14 and

**Haverim (11:00- 12:00)**

Dec. 14

**Youth Congregation (10:30 – 12:00)**

Dec. 7, 14

### Events

**Next Parent Ed.**

Dec. 8

**Next Shabbat School and Ruah Rally**

Dec. 14– 9:30 and 12:00

Please join us at Noon! Kiddush/Motzi will be from the Bima followed by community lunch! Please join us!

**School Break**

Dec. 21 – Jan. 5

### Jewel News

Session 2 ends Dec. 18

Session 3 begins Jan 8

**Sisterhood Shabbat/TuBiShvat Seders**

Jan. 19 9:30/11:30

Sign up on through the link on the main calendar, or ask me to send you the link! I'd love all moms – moms/daughters to join in!

**Tikkun Olameinu Mitzvah Day**

Jan. 19 9:30 -12:30

(additional off-site programs after school hours)

**Upcoming Kadima Events**

Next Board meeting – Jan 8 6:15

## **BIG FAVOR!! TODAH TODAH!!**

### **RSVPS & TIME MANAGEMENT!**

One purpose of weekly Ladaat and especially the “to do” section is to make it easy for you to see what we need from you. However, Andrea is still having to call nearly half the student body for EVERY event we need RSVPs for!! Although, it would be great if we could just be in the ‘schmoozing’ business, it does cut into her work time quite drastically. So, I’m requesting you to really try to RSVP timely. LaDaat has direct links for all RSVPs ! Todah Rabah to all those who already do.

## **Tikkun Olameinu - Mitzvah Day Yellow Comforter Project**

Jan 19<sup>th</sup> (MLK Sunday) will be our Repair Our World work day. Both during and after school hours, there will be projects for every age. Most projects will relate to hunger. For school age kids that will include a new version of the Yellow Comforter project. For this we will devote all K-5th tzedakah money collected from now and until Purim. During the event kids will see how much can be bought as they ‘shop’ for food with this money to donate to second harvest food bank.

## **Mazal Tov! Tevet Bar Mitzvah: 11 – Adam Parmett – Dec. 14**

If you'd like a blurb in the Simcha section of the Silicon Valley Jewish News, please contact Andrea Grayber at [agrayber@yahoo.com](mailto:agrayber@yahoo.com); 408-377-6224. (It's good for CBD!)

**Help your student complete this month's BBILS (bulletin board independent learning skills):** Sage Page (PAQ): "Mitzvah Gorerret Mitzvah" – doing one mitzvah leads to another; Hageinu (Our Holidays): Tu BiShvat and ways to help the environment; Mitzvah: Shmirat HaGuf – keeping our bodies healthy' Hadashot (News) – always changing! BBIL forms can be found on the Religious School door and can be submitted to me. Students learn as they earn (Shekels).

## The Mitzvah of Shmirat HaGuf – Caring for our Body

Practicing *shmirat ha'guf* is about appreciating life and living it in a way that recognizes its fragility. Our sage Maimonides (Rambam), who was a physician in the middle ages stated: **"When keeping the body in health and vigor, one walks in the ways of God."** In today's modern world, even keeping this seemingly simple mitzvah has become difficult. The food choices thrown at us from all sides do not promote health and vigor, sitting for hours in front of the computer, TV or Xbox do not promote health and vigor, and relying on our cars to get everywhere does not promote health and vigor of neither our bodies nor our planet! Here are some ideas to consider:

- Rabbi Elliot Dorff, a contemporary scholar, wrote: "American ideology and law would permit me to eat a half gallon of ice cream every night of the week; I might be stupid to do so because I will look and feel terrible and endanger my life, but that is my choice. In Jewish law, though, I do not have that right because I have a duty to take care of my body since it belongs to God."
- Being made in the image of God (in Hebrew, *b'tzelem Elohim*) is really the foundation of all Jewish ethics. How we treat ourselves and how we treat others should reflect this idea that each human being is intrinsically valuable because we are fashioned after God. It also means that when one mistreats a human being, including oneself, one is being disrespectful to God.
- In the Palestinian Talmud (Kiddushin 4:12), it is written that it is forbidden to live in a city that does not have a vegetable garden. This text seems to connect eating one's vegetables with living a Jewish life. If there are no vegetable gardens in town the likelihood that you're going to eat vegetables is low, and by extension so is the likelihood that you'll lead a healthy life. Similarly, if one places oneself in an environment where there is drinking, smoking, or other unhealthy behaviors there is a greater chance that one will engage in those behaviors—and that's not practicing *shmirat ha'guf*.

Whether we have a faith based or science based view of existence, we have a duty to teach our kids that our bodies are a sacred gift to be treasured and that everything they decide to do to their bodies (from what they put into it to what they put on it) needs to be well considered. There are many things we might do as a family to promote this. Making our child's surroundings at home a model of healthy living is an important teaching tool. Serving balanced meals which incorporate whole grains, proteins and vegetables; incorporating exercise time (limiting screen time); planting a vegetable/herb garden; promoting eco-friendly practices such as recycling, composting and reusing; and good personal hygiene such as hand washing, 'sleeve sneezing', and showering, all serve as positive modeling of Shmirat HaGuf. Likewise, avoiding smoking, excess drinking, unsafe driving practices (e.g. no seat belts, texting), disrespectful communication practices, all contribute to a negative modeling.

At Beth David's school wing, you'll find a Teva Tips board with ideas for eco-friendly living, and we try to serve reasonably healthy snacks. Of course, I find this to be a difficult task. On one hand, when I shop for snacks I look for relatively wholesome ingredients (no artificial colors, preservatives or trans fats), whole grain and lower fat options, relatively allergen free (e.g. no nuts – though it's a good snack otherwise) as well as a Kosher certification (not necessarily linked to healthy food). Great snacks such as tortilla chips and salsa, humus and pita are favorites. Yet, the students tend to complain about other good snacks such as 'honey whole wheat pretzels' and apple chips. Though I'd prefer to have fruits and veggies, this option usually demands more frequent shopping and more preparation time/space than I have so I've not been able to implement this as much as I'd prefer. I also have found that in order to compete with outside activities I must make exceptions for special occasion snacks such as Shabbat kiddush and Family Ed. However, if we help our kids practice Shmirat HaGuf most of the time, the little lift that a now-and-then indulgence might give, can also be part of a Shmirat HaGuf lifestyle.